

Choices 4U

March 2016 | ISSUE 4

Supporting
people with
learning
difficulties



Introduction

This newsletter is a way for you to find out what we are doing at Choices 4 U. You can find all our newsletters reports and DVD at www.southglos.gov.uk/choices4u

Daffodil display in Kingsgate Park

Members who attend our Yate service continue to work with Yate Town Council 'Kingsgate Park' to help keep the park a good place for people and wildlife. Members of the group planted bulbs last autumn and with spring nearly here we are looking forward to seeing the daffodil display.

If you would like information about Choices 4 U, please contact us by email choices4u@southglos.gov.uk or by telephone: **01454 864440** or mobile **07795 353927**



Choices 4 U at Hengrove Leisure Park

Choices 4 U have made the decision to end our Hengrove service based at Hengrove Leisure Park in Bristol at the end of March 2016. This is because we have not had enough interest from people to come to this service. Choices 4 U have been working with members who have been coming to Choices 4 U at Hengrove and Bristol City Council to support service users find other services and support in the day.

Dance

Dance is a very popular activity for many of our members at Choices 4 U. We work with a lot of dance instructors that bring new ideas and who teach different dance routines. Members at our Tuesday group based at Yate have been learning to put their own dance routines to music they enjoy listening to. This included theme tunes to television programmes and films that they enjoy.



Before Christmas members at our Thursday group based at Yate took part in dance sessions with a dance tutor called Erin. During part of the sessions the group learned a dance called 'progression ballet technique'. This is a bit like ballet and the group used 'fit balls' to work on their core muscles to improve their balance and strength. Some members in the group worked on dance routines, including a dance to Michael Jackson's song 'Beat it' and a dance using lights. Together the group made up a dance routine just before Christmas and performed this as a group.

Fundraising

Members and staff at Choices 4 U have worked really hard in 2015 to raise money for charity and have raised £1,102.00! The money we raised was in support of the Alzheimer's Society, Comic Relief, Aspire and Children in Need. We want to say a big thank you to the communities around Kingswood, Yate and Bradley Stoke for their support in donating things that have helped other people.

Dementia Awareness

In December 2015 Choices 4 U, South Gloucestershire Dementia Action Alliance and The Care Forum worked together to arrange a dementia awareness session for parents and carers who care for people with learning difficulties. The aim of the session was to raise awareness about dementia and talk about things that can help people who have dementia live well. Dr Bagshaw talked at the session as well and has a lot of experience working with people with learning difficulties and dementia. Dr Bagshaw gave an introduction to dementia and talked about what people should do if they have questions or concerns about someone they care for. There was also time for parents and carers to ask questions.

In January members based at our Kingswood service took part in dementia awareness sessions. The aim of these sessions was to raise awareness about dementia and learn some of the facts and myths about dementia.

Some members in the group talked about their own understanding and experiences of dementia. We talked about how dementia affects people and what we can do to help people who have dementia. All members in the group pledged an action to become a dementia friend.



Getting Ready for Work

Choices 4 U have been working with members across our service to think about getting into work. Five members who attend Choices 4 U based at Kingswood and Yate have been invited to attend a 'Getting Ready for Work' course that Mencap are running for six weeks in April.

The course will help members of the group understand:-



What skills are needed for work?



How to keep safe going to and while in work.



What your CV will say about you.



It will also help you get ready for any future interviews.

Sport Relief

Members across Choices 4 U have been planning activities to raise money for 'Sport Relief 2016' which aims to change lives for people. As part of our work at Choices 4 U supporting people with learning difficulties lead an active life members across our service plan to cycle, row and swim our way to Lands End between the 18th – 20th March.



Independent Living Skills

Since the New Year groups based at Bradley Stoke and Yate have been working towards learning independent living skills including planning healthy meals, budgeting and cooking. The groups chose recipes including turkey meatballs, fajitas and cottage pie. We changed some of the recipes to make them healthier. The sessions have been based at two community centres, Coniston in Patchway and Chipping Sodbury Baptist Church near Yate where we have used their kitchens to cook and prepare the food.

Choices 4 U are working with members to learn more about healthy eating and healthy

food swaps. We have used the Change for Life 'sugar smart' app to learn about sugary foods and what eating too much sugar can do to our health. Some members at Choices 4 U are using this app when they are shopping for food and planning meals.



What's on at Choices 4 U March - June?

Choices 4 U want to offer all our members the chance to try new things and learn new skills. The activities in our programme aim to support people to be more independent, live a healthy life and spend time with other people. Everyone at Choices 4 U can use

leisure centre facilities like the swimming pool, gym, squash courts and the sports hall, that can help our members be more active.

Here's a look at what other activities are in our programme over the next few months.



Skills for Life at the Create Centre



Into the Woods



The Conservation Volunteers at Grimsbury Farm



Circuit Training



Art & Craft



Boxercise



Trampoline



Learning Independent Living Skills at Our Place Community Flat



Snooker Coaching



Walking for Health

If you need this information in another format or language please contact 01454 868009

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